

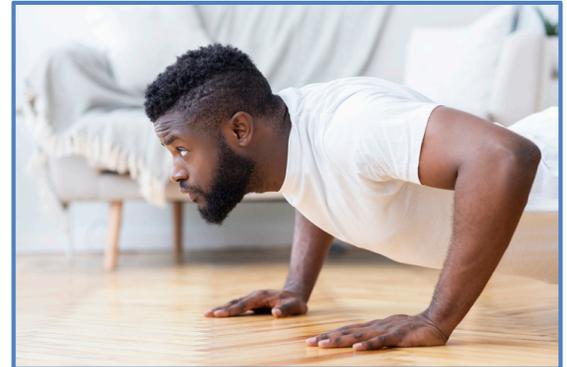
## Home workouts for employees

Exercise is a great way to feel better, boost your health and have fun. For most healthy adults, the U.S. Department of Health and Human Services recommends:

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, or a combination of the two, each week
- Strength training for all major muscle groups at least two times a week

The health benefits of regular exercise and physical activity are hard to ignore. Exercise:

- Helps control weight
- Combats health conditions and diseases, such as stroke, Type 2 diabetes, depression and high blood pressure
- Improves mood
- Boosts energy
- Promotes better sleep



There's increasing evidence that a healthy workforce can provide a competitive business advantage. Corporate wellness and safety programs help develop a culture of health and well-being. Examples of workplace health program components and strategies include:

- Health education classes
- Access to local fitness facilities
- Company policies that promote healthy behaviors, such as a tobacco-free campus policy
- Employee health insurance coverage for appropriate preventive screenings
- A healthy work environment created through actions, such as making healthy foods available and accessible through vending machines or cafeterias
- A work environment free of recognized health and safety threats

Home workouts offer an effective and convenient way for your employees to keep fit. With very little planning and a lot of discipline, it's possible to reach health goals without a gym, coach or membership fees. Various home workout programs can be tailored to fit individual needs. Some tips you can offer your employees include:

- Challenge yourself and avoid boredom.
- Find an exercise partner.
- Schedule your workouts on your calendar.
- Use a journal to track your progress and any breakthroughs you may have.
- Set goals.
- Make exercise a lifestyle change.

Talk to your employees about the risks involved in exercise and remind them to consult with their doctors before starting any new exercise regimen.

Sources: [mayoclinic.org](https://www.mayoclinic.org)\*, [webmd.com](https://www.webmd.com)\*, [productivityist.com](https://www.productivityist.com)\*, [mihealthtools.org](https://www.mihealthtools.org)\*, [liebertpub.com](https://www.liebertpub.com)\*, [michigan.gov](https://www.michigan.gov)\*, [cdc.gov](https://www.cdc.gov)\*, [mibluesperspectives.com](https://www.mibluesperspectives.com)

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